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opinion among panelists and welcomes the
exchange of differing points of view.*

HSI Exclusive: Soon-to-be-published study proves this formula defeats highly invasive breast cancer

by Michele Cagan

It's a leading cause of death, claiming the lives of more than 40,000 American women every year, and harming hundreds of thou-
sands more.

This killer is breast cancer. And its death rate is so high because it doesn't always stay in the breast. And when those cancer cells invade and take over other organs, the result is often fatal.

But it doesn't have to be.

Thanks to HSI panelist Dr. Isaac Eliaz, we've uncovered a true breast cancer solution—and we're hearing about it before the latest study even goes to press.

Little pink ribbons are not getting the job done

And though pink ribbons (and T-shirts and bumper stickers and fast food offerings) give the appearance that corporate America really cares about breast cancer—well, they're barking up the wrong tree.

Because while they are the main-stream 'solution,' toxic chemicals and radiation are not the answer to breast cancer. In fact, they can often destroy their victims health forever, even as they may destroy some cancer cells.

The real answer lies in nature. It's safe, gentle, not toxic, and highly effective. It can keep breast cancer cells from multiplying (called 'proliferation' by

oncologists) and invading other areas of the body (or metastasizing). Bottom line: this powerful natural remedy appears to prevent and treat even highly metastatic breast cancer.

BreastDefend® halts invasive breast cancer

You shouldn't know this yet, but thanks to our inside connection, you will be the first to see the astounding results of research so new it hasn't even been published yet (though it has been peer-reviewed and accepted for publication).

First, the stunning conclusion: BreastDefend® keeps deadly, malignant breast cancer cells from multiplying and invading.

This *in vitro* study (meaning it was done in a lab) showed researchers just how successfully Dr. Eliaz's BreastDefend® formula can be used against breast cancer, and demonstrated exactly how it works.

The specific combination of potent natural compounds (which we'll talk about in just a moment) attacks the cancer cells in multiple ways. And that complete action effectively and safely stops the disease in its tracks—even when pitted against highly invasive MDA-MB-231 breast cancer cells.

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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HSI Exclusive: Revolutionary formula defeats breast cancer

(continued from page 1)

BreastDefend® looks even better when you see the details

This lab study had even the researchers reeling when they saw the results. Because you don't get results like these with just any old therapy.

Treatment with BreastDefend®, even at a very low dose, held back cell adhesion by almost half. And when cancer cells can't connect, they can't develop into tumors.

And at the same low dose, it held back migration by nearly half. That means it kept those cells from moving to other areas, keeping the cancer more localized.

On top of that, BreastDefend® halted cancer cell invasion by more than 25%.

Add that all together, and you have a safe, natural formula that effectively keeps even the most invasive cancer cells from metastasizing. And that is how you fight breast cancer, and come out healthy on the other side.

Which, hopefully, will be borne out in the upcoming trials that are now underway to further prove BreastDefend's safety and effectiveness.

But all of its success comes down to one thing...or, rather, eight things. The eight cancer-fighting ingredients that make up the BreastDefend formula.

Cancer-fighting mushrooms set the stage for a most powerful formula

The BreastDefend formula starts with medicinal mushrooms—and as an HSI member, you already know how miraculous mushrooms can be. And the ones in this formula pack an extra punch: They're grown on a unique blend of special medicinal herbs and organic brown rice, which enhances their potency.

The trio of mushrooms found in this blend are all well-known for their cancer-fighting properties, and are especially effective when it comes

to breast cancer. Even invasive cells can be stopped dead by this powerful mushroom mix.

It starts with *Ganoderma lucidum*, more commonly known as the Reishi mushroom. This Japanese mushroom has a long history of medical use (more than 2000 years!), and has been studied for its effectiveness in fighting cancer for years. In fact, the Japanese government has officially listed the reishi mushroom as a cancer-fighting agent.

And there is plenty of science standing behind that...

- A 2002 study² found that this a *ganoderma lucidum* extract inhibited breast cancer cell proliferation and could set off cell death in MCF-7 breast cancer cells
- Another study³ found that reishi mushroom could regulate the movement of highly invasive MDA-MB-231 breast cancer cells, effectively suppressing migration and invasion
- A 2004 study⁴ found that this mushroom halts proliferation of invasive MDA-MB-231 breast cancer cells by interfering with their cell life cycle

This mushroom alone would make a powerful ally in the fight against breast cancer. But BreastDefend formula adds in another mushroom known for its ability to defeat this disease—*Phellinus linteus*.

Phellinus linteus cuts off tumor's supply lines

This medicinal mushroom takes on breast cancer cells in four ways.⁵ It inhibits cell adhesion, so breast cancer cells can't join together to form tumors. It restricts cell migration, so the cancer can't metastasize. And it also puts a stop to cell invasion, keeping breast cancer cells from taking over healthy cells.

The fourth attack adds an extra

layer of protection. *Phellinus linteus* seems to suppress something called angiogenesis, which is the formation of new blood vessels. Blood vessels supply nutrients and oxygen... without them, it's impossible for tumors to survive.

In Korea, a special form of *Phellinus linteus* was approved as medicine back in 1997, and it's been used there ever since—sometimes along with standard chemotherapy, and sometimes as a stand-alone treatment for cancer patients.

And then there's *Coriolus versicolor*, a Japanese medicinal mushroom also known as cloud fungus and turkey tail, and locally known as karawatake.

This mushroom contains two very powerful compounds: PSP and kureha. These compounds are known as proteoglycans, and their effectiveness in cancer treatment as been demonstrated in Japan.⁶ In fact, more than 400 studies have shown that an extract of the karawatake mushroom can significantly boost cancer treatment, on its own or along with conventional treatments like chemotherapy.⁷

The potent mushroom trio is just one part of the BreastDefend formula. You're about to meet part two, a well-known breast cancer fighter that's just taken on an exciting new role.

DIM defeats even drug-resistant cancers

DIM (scientifically known as Diindolylmethane) is a humble but potent phytochemical found in Brassica vegetables (like broccoli). And it's a cancer-fighting powerhouse—able to take on even treatment-resistant breast cancer cells.

A new study⁸ shows that mutant breast cancer cells—cells that are

resistant to radiation and chemotherapy—can be defeated by DIM. In fact, the DIM halted cell growth and invasive behavior in the lab. That's pretty remarkable! Poison chemicals and radiation can't stop these cancer cells, but a vegetable compound can.

Of course, DIM works successfully against non-resistant breast cancer cells, too. Another *in vitro* study,⁹ just published in October 2010, showed that this amazing phytochemical could keep two very different types of breast cancer (MCF-7 cells and MDA-MB-468 cells) from multiplying. The researchers also reported that DIM “strongly inhibited the development of human breast tumors.”

That study showed a new side of DIM—that it can tackle breast cancer cells regardless of their estrogen dependence.

In the past, DIM has been widely studied for its ability to prevent hormone-related cancers. It works by influencing a hormone called estrone. Left alone, estrone sometimes turns into a cancer-causing agent called 16-Hydroxyestrone. But DIM steps in, and redirects the estrone to turn into harmless form known as 2-Hydroxyestrone. And that may just breast cancer tumors from developing.¹⁰

BreastDefend's Cellular Support Blend adds another dimension of protection

Four key ingredients make up the Cellular Support team in this formula:

- *Scutellaria barbata*
- *Astragalus membranaceus*
- Tumeric rhizome extract BCM-95, and
- quercetin

Scutellaria barbata has long been used in traditional Chinese medicine, and one of its primary uses is treating tumors. And it turns out that this herb may be particularly effective in the fighting advanced breast cancer. In one small study¹¹ (using a special extract called BZL101), researchers saw four patients stabilize, and

shrinking tumors in five patients after treatment with the *Scutellaria barbata* extract.

Astragalus membranaceus, one of the primary herbs used in Chinese medicine, helps cancer patients in two very important ways. First, astragalus neutralizes the side effects of chemotherapy and radiation.¹² Second, it strengthens the immune system—in particular, the herbs has been shown to keep tumors from suppressing critical white blood cells called macrophages.¹³

BCM-95, a special extract of turmeric (the bright yellow spice widely used in Indian cooking and medicine), is more bioavailable than other forms of the spice, meaning your body absorbs and uses it more effectively. That's a very good thing, because turmeric is believed to have both prevention and treatment powers when it comes to cancer. One *in vitro* study¹⁴ found that curcumin (a key compound found in turmeric) kept several types of breast cancer cells from multiplying by interrupting their cell life cycles.

Quercetin has displayed powerful anti-tumor properties in several kinds of cancer, including breast cancer. One way it works to fight cancer is by impacting specific proteins that have been linked with cancer cell death (also known as apoptosis).¹⁵ And one animal study¹⁶ showed that rats on a 2% quercetin diet had 25% fewer incidence of chemically-induced breast cancer. What's more—after 20 weeks on that quercetin diet, the average number of tumors in each rat decreased by nearly 40%.

With all these proven cancer-fighting agents in the BreastDefend formula, you be hard-pressed to find something even more effective. But Dr. Eliaz did.

Add PectaSol-C to BreastDefend for even more cancer-fighting power

Just a couple of months ago (in your September 2010 *Members Alert*)

(continued on page 8)

"Super 9" formula starts to wipe out arthritis pain in just seconds

by Michele Cagan

Arthritis pain stops you from doing, well, almost everything. Making breakfast becomes an excruciating ordeal. Getting out of your chair, going upstairs, walking over to answer the doorbell—the pain slows you down so these formerly simple, instant actions seem to take forever.

To get past arthritis pain, you'll try almost anything. But nothing really seems to work, at least not for more than a little while. Then you're back where you started, with aching, throbbing joints that make it impossible to get through the day.

But you don't have to suffer with arthritis pain anymore. Not for one more hour of one more day. Because with one little dab of an innovative new cream from Northstar Nutritionals, your joints will be feeling better than they have in years.

The old options aren't working—it's time for something new that really works

Maybe you've taken the natural route and tried glucosamine, the most well-known arthritis supplement... and been left disappointed. Because while many experts agree that it can really help rebuild worn-down cartilage, which may very well help ease your pain, it takes an unbearably long time to work.

It can take months for those potentially healing effects to kick in, which means months of pain for you. And when it hurts just to take the cap off your toothpaste in the morning—well, you don't have months to wait for the throbbing to stop.

So you end up turning to pain pills, and they can offer at least some relief, once they've made it through you're whole digestive system and begun to kick in. But on the downside, that relief wears off in a few short

hours, sometimes before it's time for the next dose. And then you're stuck again, waiting for something to make your pain stop.

But you don't have to wait anymore.

Fast relief when you need it, where you need it

Unlike supplements that take months to work, and pain pills that kick in fast but wear off too soon, this natural arthritis breakthrough offers a much better solution: fast relief that you don't have to wait for, because the soothing effects start right away.

In fact, in less time than it takes to read this paragraph, you'll start noticing a very pleasant difference. That's right. Just a small dab of cream sets off a soothing reaction that you'll really feel in no time at all.

And in case you're wondering—it's not greasy, it doesn't burn, and you won't smell like a medicine cabinet. What you will notice is relief from the constant throbbing pain that plagues you.

But this innovative arthritis solution does more than just quiet the pain. It helps you move more easily and more comfortably. In fact, it may even help you move faster than you have in years.

CFAs make this arthritis cream the ONE that gets the job done

The key ingredient in this revolutionary cream is a specially formulated blend of fatty acids known as CFAs (cetylated fatty acids).

CFAs seem to work by decreasing chronic inflammation, which arthritis sufferers know all too much about. Now, so far, scientists aren't exactly sure how CFAs are able to quiet inflammation so well, but they do have some theories.

One theory is that CFAs appear to decrease the release of inflammatory compounds in the body. Another is

that these unique fatty acids seem to suppress the white blood cells that trigger the inflammation response.

These healing compounds are so new that there isn't a lot of research to back them up... yet. But the studies that have been done (by the company that makes this proprietary blend) are quite impressive.

In just 30 minutes, you could be taking the stairs faster than you have in years

One placebo-controlled trial¹ found that a cream containing these CFAs seriously improved stair-climbing ability, balance, range of motion, and more for forty people suffering from osteoarthritis (OA) in one or both knees. In fact, the researchers conducting this study put their subjects through a virtual marathon of physical tests.

Sounds like a day of torture for someone suffering from OA, doesn't it? But for the lucky patients in the CFA group, it was more like a day of pleasant surprises. And the results bear that out.

The patients were tested at the very start of the study, before using any cream at all (whether the CFA cream or placebo), then again thirty minutes after applying the cream to their knees. Finally, they were tested again after using the cream twice daily for thirty days.

Check out these results...

In a timed "up-and-go" test, the patients started out sitting in a chair. At the "go" sign, they had to get up, walk about ten feet, turn around, walk back and sit down again. By the thirty minute mark, the subjects in the CFA group saw a remarkable improvement—and it got even better after thirty days with the cream.

As impressive as those results were, they still fall short of the improvements

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Unique protein supplement relieves Crohn's disease, eases chemotherapy side effects, heals open wounds... and more

by Michele Cagan

It sounds disgusting: Pre-digested hydrolyzed fish protein.

But it just might be the perfect solution to severe gastrointestinal ailments like Crohn's disease, ulcerative colitis, and 'leaky gut' syndrome... and a whole lot more.

Because the 'side effects' of this revolutionary supplement may improve your health in ways you'd never expect.

Pure protein goes to work instantly to nourish and heal your body

Pre-digested fish protein is actually not as gross as it sounds. All it means is that the nutrients in the fish have already been broken down by enzymes, so your body can absorb them easily and instantly.

How does that work? While it sort of sounds like someone else has chewed up the fish, it's really a highly sanitary process. The fish protein, which comes from fillets of deep-ocean white fish, is broken down by a unique process, and converted into pure components of protein: amino acids and peptides. And since that protein is already broken down, your body can use it right away—it sidesteps your body's digestion process completely.

Normally, your digestive system has to work extremely hard to break down large protein molecules—but it doesn't always work. And when your body doesn't completely break down proteins, you can't absorb all the individual nutrients.

But since the protein in this supplement is already broken down (pre-digested), your body doesn't have to do any work at all to reap all of its benefits. Some of the specific nutrients released by the process are small-chain peptides. Peptides are small compounds derived from protein, and are much more easily absorbed by your body. And with direct, instant access to these

peptides, your body's digestive system gets stronger.

What's more, these powerful peptides seem to bring on healing in other areas of the body, too.

Crohn's disease symptoms eased in just three days

These healing peptides come to you in a supplement called Seacure—a perfect name for a pure fish protein that works to help your body cure itself.

There is plenty of science to back up Seacure's effectiveness when it comes to a wide range of GI diseases. But none of the studies—as impressive as they are—are nearly as persuasive as the stories of people whose lives have been forever changed by this deep sea supplement.

Kara M. from Texas said, "After a year of being very ill and struggling with chronic diarrhea, I was diagnosed with Crohn's. My doctor suggested that I take Seacure. In only three days I noticed a measurable reduction in activity in my gut. I was truly amazed at the results I personally experienced in only three days of taking Seacure."

Janet G. from Ohio used Seacure to combat chronic gastritis and acid reflux.

"Seacure has helped me tremendously! I have suffered from Gastritis and also acid reflux for the past 5 years. I was prescribed Prilosec and had been taking it longer than I felt was safe without long term side effects... Then I read about Seacure... I have to admit, I was a little skeptical at first, but ordered a bottle anyway. I have been taking Seacure a little over 3 months and have not had to take not even one antacid!

Seacure helps cancer patients thrive during chemotherapy

If you've ever seen someone suffer the ravages of chemotherapy, you know it can take as big a toll as cancer itself.

And since Seacure was developed to combat malnourishment—a very common side effect of mainstream cancer treatments—it follows that the supplement could help people struggling through chemotherapy. And based on anecdotal reports, it really does.

Dr. K. Jowerd of Hawaii sees Seacure help many people through devastating cancer treatments.

"I have used Seacure with many patients. Some of these patients were receiving chemotherapy for cancer and taking Seacure at the same time. Most of these individuals did very well during their chemotherapy. They experienced fewer side-effects from the chemotherapy, i.e. nausea, vomiting, diarrhea, lack of appetite and fatigue. I strongly recommend Seacure to anyone undergoing chemotherapy."

And Pamela T. of South Australia knows first-hand just how much Seacure can help someone through chemotherapy.

"After a mastectomy I began Chemotherapy treatment which lasted for four months. During the treatment, the Seacure enabled me to eat fairly normally and the nausea was largely diminished. I didn't lose weight either. The Seacure really did enable my stomach to work properly after the effects of the Chemo."

Open wounds heal faster with Seacure

How can a fish supplement help wounds heal? It's the power of pure protein, which helps your body jumpstart its own natural healing process. And based on reports from Seacure users, its wound healing properties are truly miraculous.

Perhaps the most amazing was the story of Benton Ludwig, a registered nurse from Arkansas who nearly lost his legs, and was saved by Seacure.

Benton had suffered from highly

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"Super 9" formula starts to wipe out arthritis pain in just seconds

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seen in the stair-climbing test. For that, each patient had to go up and down a flight of steps as fast as they could. After thirty minutes, the CFA group shaved precious time off their pre-cream scores. And after using the cream for thirty days, they were able to knock those times down even further.

But that's not the only study proving CFAs' effectiveness. What if you could...

Shore up your strength and balance by almost 17% in just one week

When you struggle with arthritis, it does more than cause pain and restrict your movement. It also messes with your balance, as your body tries to compensate for the most painful areas. And it can also deplete your strength, making it even harder to get through the day.

Well, CFAs can help with that, too.

Another study², this one with twenty-eight subjects, found that using a CFA (and menthol) cream twice daily for just one week could yield some stunning results.

- Strength and balance both increased by 16.5%
- Stair-climbing ability improved by almost 12%
- "Up-and-go" times (using the same test format as the other study) got about 12% faster
- Muscle endurance improved by

up to 42% (for patients with severe wrist pain)

Pretty impressive, right? And those improvements showed up after just one week of use.

But it gets even better. Northstar Nutritionals ArthriPain Relief Cream, which contains the same CFAs used in these studies, takes arthritis relief even further.

Nine complementary ingredients take arthritis pain relief to a whole new level

Along with those very powerful CFAs, ArthriPain Relief Cream contains nine more of the most effective—and fast—compounds found in nature.

- Ceylon, a unique cinnamon extract, helps calm inflammation and ease pain
- Wintergreen, the strongest "natural aspirin" on earth, tackles pain
- Jojoba has been shown to boost absorption—so ArthriPain Relief Cream gets through your skin, down to where you need it
- Eucalyptus oil is believed to block the production of compounds that cause pain, and may even block that infamous arthritis-causing substance, cyclooxygenase (which you probably know as COX)

- Menthol, a well-known cooling extract, helps increase absorption, and also may help reduce pain intensity (with high-dose application, according to research)
- Tea tree oil appears to reduce skin inflammation
- Aloe vera gel is a well-known skin soother, and also appears to reduce skin inflammation
- Grapeseed oil contains powerful antioxidants
- Peppermint, used as a healing agent since ancient times, is widely known as an anti-inflammatory herb with analgesic properties

This synergistic blend goes further than any other topical arthritis cream ever has—offering quick, lasting, noticeable relief as soon as you smooth it on.

ArthriPain Relief Cream erases pain on contact

Thanks to those absorption boosters, natural analgesics, and (most of all) the very potent CFAs, ArthriPain Relief Cream is able to do what no other remedy can: Make you feel better right away, and help keep you feeling better throughout the day.

You can find ordering information for ArthriPain Relief Cream in the Member Source Directory on page 8. **HSI**

Unique protein supplement relieves Crohn's disease, eases chemotherapy side effects, heals open wounds... and more

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painful open-wound ulcers on both ankles, brought on by poor circulation. (I saw the pictures—they were truly horrifying.) He had undergone surgery at the Mayo Clinic, to no avail. The ulcers weren't healing, and the severe pain was constant.

He'd almost given up hope when he came across Seacure, and decided to give it a try.

Within four weeks of taking Seacure, his leg ulcers cleared up...

and stayed that way.

Heal from the inside out with Seacure

Seacure's remarkable healing capabilities may just help you start feeling better right away—especially if you suffer from a debilitating GI condition like Crohn's or ulcerative colitis.

The recommended dosage is six capsules daily. For the best results, take your Seacure before meals.

A word on the fishy smell... Seacure capsules do smell fishy, and they're supposed to. If you can't get past the smell, put the capsules in your freezer. That will erase the smell (and won't smell up your freezer) without impacting Seacure's effectiveness.

You can find ordering information for Seacure in the Member Source Directory on page 8. **HSI**

HSI Exclusive: Revolutionary fibromyalgia trial shows stunning results, and you're seeing them first

by Michele Cagan

When we last talked about Prevagen (in the December 2009 Members Alert), the amazing brain-boosting jellyfish supplement, Quincy Bioscience (the manufacturer) was launching a new trial to test its effectiveness against fibromyalgia and chronic fatigue syndrome. A lot of you stepped up, volunteering to be part of this groundbreaking research.

Now, the results are rolling in... and they're just as impressive as we expected. Mark Underwood, president of Quincy BioSciences, shared the preliminary data with me, data that hasn't been made public yet—and he's right to be excited.

Fibromyalgia is much more common than you'd think, affecting more than five million Americans—and nearly 90% of those are women. If you suffer from this debilitating chronic condition, you know just how hard its symptoms are to live with: widespread pain and tenderness, sleep issues, cognitive problems, just to name a few.

There are some pharmaceutical 'solutions' available, but they don't really offer significant benefits, and they do come with some very troubling side effects.

Prevagen, on the other hand, offers substantial relief without causing unbearable side effects.

Prevagen substantially eases pain and boosts mental clarity

In this company-sponsored double-blind, placebo-controlled study, 80 patients suffering from fibromyalgia and/or chronic fatigue were given either 20 mg of Prevagen or placebo for eight weeks.

The participants in the Prevagen group saw significant benefits compared to the placebo group:

- 58% more participants in the Prevagen group reported an improvement in mental clarity compared to those on placebo
- 65% more participants reported reduced pain on Prevagen compared to placebo
- 41% more participants in the Prevagen group reported less overall "achiness" on compared to the placebo group
- 66% more participants reported a reduction in the "worst level of achiness" on Prevagen compared to placebo.

Overall, the patients in the Prevagen group saw improvement in mental clarity, pain, and sleep.

Plus, Prevagen's safety has been demonstrated over and over again. It was well-tolerated in the study, with no serious adverse events reported and no drop-outs due to side-effects.

What else can Prevagen do? Be among the first to find out!

I asked Mark Underwood what other conditions Prevagen might be able to treat. "I was just about to mention that," he said. He told me that they're launching a new trial... and they'd like to offer HSI members the opportunity to participate.

After getting a lot of positive feedback from Prevagen users with Multiple Sclerosis (MS), the researchers at Quincy Bioscience

decided to see for themselves just how much this supplement could help people stricken with this condition.

Like many other neurological conditions, calcium may play a big part in MS. Since Prevagen is well-known for its calcium-binding properties, it may be able to vastly improve quality of life for MS patients, and may even improve aging expectations.

Now the Quincy Bioscience research team is looking for clinical proof of Prevagen's ability to ease MS symptoms...and they're inviting you to get in on the ground floor of this potentially revolutionary discovery.

If you (or someone you know) have been diagnosed with any type of MS, consider joining their six-month trial. It's all right if you have other chronic conditions (like hypertension or diabetes) as long as they are currently managed.

And since this is an Internet-based trial, there is no travel necessary. You can sign up to participate in this trial on the Internet by visiting the study website, www.mshopetrials.com, and clicking on the MS HOPE Trials button.

Mark Underwood let me know that while MS is the only ailment the company is studying right now, they have heard a lot of anecdotal evidence about Prevagen easing other conditions, and are planning to run several more trials in the near future. Keep reading—one of those trials may be a perfect fit for you. **HSI**

HSI Exclusive: Revolutionary formula defeats breast cancer

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we talked about how an old HSI breakthrough called PectaSol-C was making new inroads in the fight against prostate cancer. Well, it seems that PectaSol-C can also take on breast cancer...and it works even better when used together with BreastDefend.

Ongoing work¹⁷ (which will be submitted in a more detailed paper for future publication) shows us that when both products are used together, the anti-cancer effects of BreastDefend are greatly increased.

According to that research, PectaSol-C, which contains a unique modified citrus pectin developed by Dr. Eliaz, substantially decreases the

migration of those invasive MDA-MB-231 breast cancer cells.

And when the research team tried a combination of BreastDefend and PectaSol-C, they saw an even bigger decrease in that invasive behavior.

To get the most out of these two powerful breast cancer treatments, Dr. Eliaz recommends the following protocol:

For active support, he suggests taking four BreastDefend capsules, two times daily with food. For long-term maintenance, starting six to twelve months after the end of active treatment, the recommended dosage of BreastDefend is two capsules,

twice a day, with food. And for breast cancer prevention, he suggests taking one capsule, twice daily, with food.

As for PectaSol-C, this needs to be taken on an empty stomach, whether you choose the powder or the capsules. For active support, Dr. Eliaz recommends using 5 grams of powder or 6 capsules, three times per day. For long-term support, he suggests taking 5 grams of powder once daily or 6 capsules.

You can find ordering information for BreastDefend® and PectaSol-C in the Member Source Directory on page below. **HSI**

MEMBER SOURCE DIRECTORY

BreastDefend®, Econugenics, (800)308-5518; www.breastdefend.com. BreastDefend normally costs \$99.95 per bottle, but HSI members will get a 10% discount when they buy one bottle. HSI members can also get one free bottle when they buy three, or two free bottles when they buy five. Simply mention HSI when ordering to take advantage of these special deals. HSI members can also download a free report on integrative approaches to breast cancer at www.breasthealthreport.org.

PectaSol-C, Econugenics, (800)308-5518; www.pectasol.com. PectaSol-C costs \$99.95 per bottle, but HSI members will get a 10% discount on one bottle. HSI members can also get one bottle free when they buy three, or two bottles free when they buy five. Simply mention HSI when ordering to take advantage of these special deals. HSI members can also download free reports by Dr. Eliaz at www.mcpreport.org.

ArthriPain Relief Cream, Northstar Nutritionals, (888)856-1489 or (915)855-5415; www.northstarnutritionals.com. HSI members get an exclusive \$5 discount to receive ArthriPain Relief Cream for US\$24.95 (instead of regular \$29.95) plus US\$6.95 S&H. (US\$14.95 S&H outside the USA. Not available in Australia, Austria, or Germany). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code G650L101 when ordering.

Seacure, Proper Nutrition, Inc., (800)555-8868 or (800)247-5656; Seacure costs \$39.95 for 180 capsules, but HSI members will receive a 20% discount when they mention Code 023.

Prevagen, Quincy Bioscience, (888) 895-6463(MIND); Prevagen costs \$59.95 per bottle of 30 capsules, but HSI members can buy two bottles and get one free when they mention HSI. HSI members will also get free shipping on any order when they mention HSI.

HSI website log-on info (NOVEMBER):

Username: nov2010 **Password:** hormones

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